



waq'iswiisa

(I am becoming well)

Community Cooking Class



Thurs. Nov. 14

4:30pm-6:00pm

Lapwai NMPH
Conference Room

Our Diabetes Program Coordinator, Marissa, along with Kesha Barden, a Nutrition Education Specialist from the Idaho foodbank, will lead us in cooking a low sodium thanksgiving recipe.



Everyone Welcome!

This is a Nimiipuu waq'iswiisa (I am Becoming Well) Wellness Program Event in collaboration with the Idaho Foodbank. For more info/to sign up contact Marissa: marissav@nimiipuu.org or 208.843.2271 ext.2849